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FREE QUIT SESSIONS TO HELP YOU LEAVE TOBACCO BEHIND IN 2020

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Your money or your health: Choose to make the most of both. Improve your finances and your well-being by leaving tobacco behind. Free *Quit Your Way* tools can make the difference.

In January, attend an in-person session at the Florida Department of Health in Pinellas County (DOH-Pinellas) to kickstart your quit campaign. The Tobacco Free Florida Group Quit sessions are open to the public and presented by the Gulfcoast North Area Health Education Center (GNAHEC).

A two-hour session at DOH-Pinellas' Mid-County center is scheduled from **1-3 PM on Tuesday, Jan. 28** to help you quit. The center is at 8751 Ulmerton Rd., Largo. Tobacco Free Florida offers two-hour locations at other sites in Pinellas each month. Call (813) 929-1000 or email info@gnahec.org to register.

In addition to the group sessions, those who want to quit can also receive nicotine replacement patches, gum and lozenges at no cost (while supplies last and if medically appropriate). The sessions provide information on how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The programs cover all forms of tobacco.

Each month, the same classes are held at other locations in Pinellas County. Registration is required for all programs.

For more Tobacco Free Florida resources, go to www.tobaccofreeflorida.com/quityourway.

For more information about GNAHEC, go to www.ahectobacco.com.

For more information about DOH-Pinellas, go to www.PinellasHealth.com or follow us on Twitter at [@HealthyPinellas](https://twitter.com/HealthyPinellas).

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About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.nacaccredit.org), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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